

Winter Solstice Songbook



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Please leave this book at Muir Woods
for use at future solstice events. Thank you.

The Winter Solstice

Every year, around the 21st of December, the sun reaches its southernmost point at the Tropic of Capricorn. In the northern hemisphere, this is known as Winter Solstice – the shortest day and the longest night of the year. From time immemorial it has been celebrated as a major turning point in the yearly cycle of light and life – joyous reaffirmation of the continuation of life and our ties to the cycles of nature.

The evergreen tree has long been a mainstay of solstice traditions. Trees seem to embody the cycle of Nature itself – they grow and make sounds, give birth to flowers and fruits, become old and die. They symbolize fertility and life, strength and an enduring spirit. All sorts of things have been attached to trees – banners with words of praise, apples to thank the gods for a good harvest, and candles to honor the Druid sun god. These traditions were transformed and a decorated evergreen appeared in Christian homes as the Christmas Tree.

Many other customs derive from the ancient festivals of Yule and Saturnalia. Chanukah is based on the miracle of light in the temple burning beyond possibility, and the Scandinavian Santa Lucia wears a wreath of candles on her head bearing the gift of light.

As the days begin to grow longer and the light returns once again, we wish you a holiday season filled with warmth, love, and good cheer!

Would you like to learn more about Winter Solstice?
Check out these books!

The Return of the LIGHT -- Twelve Tales from Around the World for the Winter Solstice, by Carolyn McVickar Edwards, Marlowe & Company New York, 2000

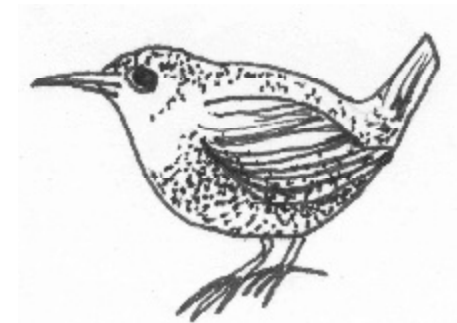
The Winter Solstice, by Ellen Jackson, The Millbrook Press, Brookfield, CT 1997

Green Man, The Archetype of our Oneness with the Earth, by William Anderson, Harper Collins, San Francisco 1990

The Winter Solstice -- The Sacred traditions of Christmas, by John Matthews, Quest Books, Wheaton, Illinois, 1998

Celebrate the Solstice: Honoring the Earth's Seasonal Rhythms through Festival and Ceremony, by Richard Heinberg, Quest Books, Theosophical Publishing House, 1993

The Shortest Day: Celebrating the Winter Solstice, by Wendy Pfeffer, Dutton's Children's Books, 2003



Spiral of Life A Headwaters Song

I dance around these trees
Like the moon dancin around the earth
Celebrating my birth
From the womb of mother, Mother Earth.

Spiral of life moves forward in time
From where we begin is where we end.

One day we all will learn
From the earth we have come
To the earth we return.

One day we all will learn
From the earth we have come
To the earth we return.



Deck the Halls

Deck the halls with boughs of holly
Fa la la la la la la la la
'Tis the season to be jolly
Fa la la la la la la la la
Don we now our gay apparel
Fa la la la la la la la la
Troll the ancient Solstice carol
Fa la la la la la la la la

Deck the woods with luminaria
Fa la la la la la la la la
Wander thru far as it'll take you
Fa la la la la la la la la
Celebrate this darkest day here
Fa la la la la la la la la
Redwood trees, you bring us good cheer
Fa la la la la la la la la



Jingle Bells

Dashing through the snow
In a one-horse open sleigh
O'er the fields we go
Laughing all the way.
Bells on bobtails ring
Making spirits bright
What fun it is to ride and sing
A sleighing song tonight.

CHORUS

Jingle Bells, Jingle Bells
Jingle all the way!
Oh, what fun it is to ride
In a one-horse open sleigh. (2x)

A day or two ago
I thought I'd take a ride
And soon Miss Fannie Bright
Was seated by my side
The horse was lean and lank
Misfortune seemed his lot
He got into a drifted bank
And then we got upsot!



Let There Be Peace on Earth

Let there be Peace on Earth
And let it begin with me.
Let there be Peace on Earth
A Peace that was meant to be.

The Creator as our parent
Related all our we
Let us walk with our neighbors
In perfect harmony

Let Peace begin with me
Let this be the moment now.
With every step I take
Let this be my solemn vow.
To take each moment and live each moment
In Peace eternally
Let there be Peace on Earth
And let it begin with me.



~ II ~

Singing for All Life

Adapted from a song by Holly Near

We are a gentle, loving people
And we are singing, singing for all life. **REPEAT**

We sing to celebrate this Solstice day
And we are singing, singing for all life. **REPEAT**

We are truly humbled by these redwood trees
And we are singing, singing for all life. **REPEAT**

We are the stewards of the earth
And we are singing, singing for all life. **REPEAT**

(Hum one verse)

We are a gentle, loving people
And we are singing, singing for all life. **REPEAT**



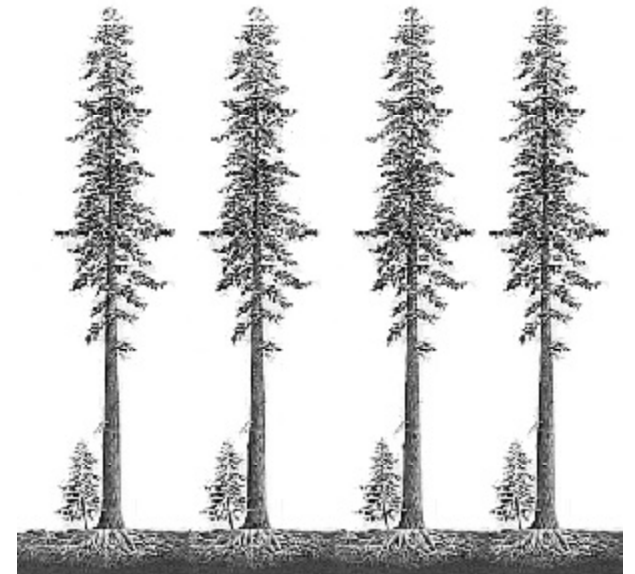
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I'm Dreaming of a Green Solstice

Adapted by Bill Oliver

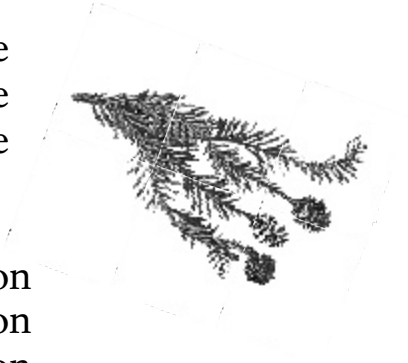
I'm dreaming of a Green Solstice
With green believers everywhere.
Where the trees live long lives
And wildlife survives
There is hope for water, land and air.

I'm dreaming of a Green Solstice
With each recycled card I write.
May your streams flow fully and clean
And may all your Solstices be green.



We Wish You A Merry Solstice

We wish you a Merry Solstice
We wish you a Merry Solstice
We wish you a Merry Solstice
And a Happy New Year!

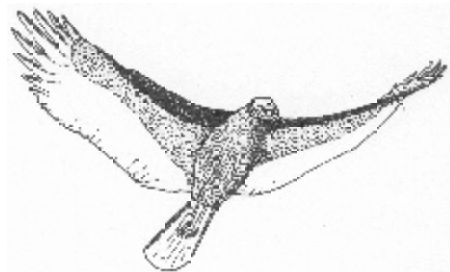


We welcome the winter season
We welcome the winter season
We welcome the winter season
Say goodbye to the Fall.

Let's sing to bless all nature
Let's sing to bless all nature
Let's sing to bless all nature
And to bring Peace on Earth.

These trees, they will be a listening
These trees, they will be a listening
These trees, they will be a listening
To each song we sing.

We wish you a Merry Solstice
We wish you a Merry Solstice
We wish you a Merry Solstice
And a Happy New Year!



Oh Come All Ye People

Oh come, all ye people
Joyful and triumphant
Oh come ye, oh come ye,
To the edge of the sea.
Come and Behold it
Light this day returns to us.

Oh come let us rekindle
Oh come let us rekindle
Oh come let us rekindle
Light Returns



The Official Oncorhynchus Song

by Joanne Jarvis

(Sung to the tune of "Oklahoma")

Oh, oh, oh *Oncorhynchus*
Goes splish, splish, splashing up the creek
With her waving tail, she'll dig a redd
And put her babies into sleep
And in 85 days they'll be fry
Who will turn into smolt and say "Goodbye!"

Oh, oh, oh *Oncorhynchus*
Goes heading, heading out to sea
Where he'll play and frolic and have some fun
'Til he turns the tender age of three
Then it's back to the creek he will come
Where he'll spawn and then he is done

Oh *Onco onco rynchus rynchus*
Onco onco rynchus rynchus

You're endangered *Oncorhynchus*
But *Oncorhynchus*, you're here to stay!



Joy to the World

Joy to the World
The light returns!
Let folks, their songs employ
While fields and floods,
Rocks hills and plains
Repeat the sounding joy
Repeat the sounding joy
Repeat, repeat sounding joy!

O Redwood Tree

O Redwood Tree! O Redwood Tree!
Thou tree so fair and lovely
O Redwood Tree! O Redwood Tree!
Thou tree so fair and lovely.

The sight of thee at Solstice tide,
Spreads hope and gladness far and wide.

O Redwood Tree! O Redwood Tree!
Thou tree so fair and lovely



Silent Night

Silent Night. Holy Night
 All is calm, all is bright
 Radiance Streams from sun's infant face
 Birthing again, you flood us with grace!
 Bright star, light up the world!
 Bright star, light up the world!



The Twelve Days of Solstice

On the 1ST Day of Solstice
 A Ranger showed to me
 A spotted owl in a redwood tree

On the 2ND Day of Solstice
 A Ranger showed to me
 Two Pond Turtles
 And a Spotted Owl in a Redwood Tree

3 RD Day of Solstice	Three Varied Thrushes
4 TH Day of Solstice	Four California Quail
5 TH Day of Solstice	Five Golden Poppies
6 TH Day of Solstice	Six bay Trees Leaning
7 TH Day of Solstice	Seven Salmon Spawning
8 TH Day of Solstice	Eight Milkmaids Blooming
9 TH Day of Solstice	Nine Moles a digging
10 TH Day of Solstice	Ten Frogs a Leaping
11 TH Day of Solstice	Eleven Jays a Cawing
12 TH Day of Solstice	Twelve Redwoods Sprouting

